I'm adopted (born and adopted in Connecticut) and despite having met my birth mother and having a great relationship with her, and despite her support for it, I'm STILL not entitled to MY OWN original birth certificate. If it's not mine to receive and it's not hers to protect, it begs the question: whose is it? And do they have my best interests at heart? It seems the answers are "the state's" and "no." The whole adoption process is designed, as far as I can tell, to protect the state, not the child or the parents (adoptive or birth).

I recently learned that my birth mother gave me up on the day I was born. My adoptive parents, despite having applied to adopt two years previously, were not aware of me until I was four months old. They picked me up two weeks after that. Which means there are four months of my life that are a mystery. No one I know can tell me a thing about them: where I lived, who took care of me, what they called me, whether I thrived or suffered.

Receiving a birth certificate with information I now know may seem to the state like useless and insignificant paperwork. But to me, it's one more puzzle piece in a stage in my life that's completely unknown to me. To me, it's a start at breaking down that mystery.

I've spent my career as a human-centered designer, in which I build products, services and experiences that support people's needs. This adoptive process is not that. This process puts the needs of one constituent (the state) above all others (all parents and the child). I urge you both to change the laws and to reach out to me or other designers who can help make the experience work for all, built out of love and compassion, not fear and protection.

Best regards, Amy B.